

TRAINING PROSPECTUS

**THE VICTORIAN ASSOCIATION
OF**

PSYCHOANALYTIC

PSYCHOTHERAPISTS INC.

February, 2024

The Victorian Association of Psychoanalytic Psychotherapists was founded in 1975 by a multidisciplinary group of practising psychotherapists committed to the practice, organisation and development of analytically oriented psychotherapy.

The objectives of the Association are:

- To establish and uphold a code of ethics for the practice of psychotherapy
- To provide a forum for the exchange of ideas and information about psychotherapy and related subjects.
- To encourage and promote research in psychotherapy.
- To maintain liaison with other organisations with similar aims.

For the purposes of membership qualifications and training in the Association, psychoanalytic psychotherapy is defined as an approach to the treatment of emotional problems which:

- stems from and takes place within the broad conceptual framework of psychoanalytic theory of human behaviour and mental life;
- regards the individual as an ever-changing dynamic system in which each part or aspect relates to, affects, and is affected by all others;
- assumes that many emotional and cognitive functions and experiences take place in the unconscious;
- assumes that the processes which govern admission to and exclusion from conscious awareness can be modified by insight or self understanding;
- assumes that therapy takes place within a relationship which involves commitment and responsibility from both therapist and patient;
- recognises and utilises the development of transference as an important vehicle for the achievement of insight and therapeutic change;
- regards counter-transference as an inevitable component of the therapeutic relationship which can be controlled and productively utilised only by virtue of the therapist's own self understanding;
- undertakes, within the theoretical framework provided, constantly to assess the therapeutic progress of each patient and evaluate and refine the techniques employed as well as the theory itself.

One of the functions of the V.A.P.P. is the establishment of the Training Course. A Training Committee is responsible for the organisation and supervision of this course.

VAPP TRAINING. PROGRAM IN INDIVIDUAL PSYCHOANALYTIC PSYCHOTHERAPY WITH ADULTS

Aims of the VAPP Training

The VAPP training program offers candidates a rigorous and applied understanding of the fundamental concepts of Object Relations and of the British Independent (or Middle) Group of psychoanalytic theorists. The training is based on the seminal texts of Freud, Klein, Winnicott, Bion and others. The program is presented sequentially, building a familiarity with the major theories and key psychoanalytic concepts. Developments in Object Relations theory are examined within a historical, political and social context. In keeping with the definition of psychoanalytic psychotherapy above, other psychoanalytic theories and approaches may be introduced during the Program.

The objectives of the Program are to:

1. Engage with the key theoretical ideas and approaches - from the historical legacy left by Freud to current psychoanalytic thinking
2. Develop an understanding of psychoanalytic theories of emotional development, unconscious mental life and learning from experience
3. Develop insight into transference and countertransference and an understanding of the unconscious processes that underpin them
4. Establish competence in processes and skills of psychoanalytic psychotherapeutic assessment and treatment;
5. Foster the growth of the psychoanalytic stance or state of mind;
6. Ensure a high standard of ethical practice.

The Training Program

The Program has five components

1. *Personal Psychoanalytic Psychotherapy:*

Candidates must be engaged in their own individual psychoanalytic psychotherapy or psychoanalysis with an approved therapist at least twice weekly for the duration of the training. An approved therapist or supervisor for training purposes is one with at least five years membership of the VAPP or other commensurate association, such as the International Psychoanalytical Association or state member association of the Psychoanalytic Psychotherapy Association of Australasia. If not already in therapy at the time of being accepted into the program, it is expected that psychotherapy will commence as soon as possible after being accepted. A list of approved therapists and supervisors can be obtained from the VAPP Training Committee Secretary

In very exceptional circumstances the Training Committee may at its sole discretion vary the requirement for duration of personal therapy.

2. *Supervision and Clinical Work:*

During the Training, a candidate is expected to work with several patients in intensive psychoanalytic psychotherapy and to have regular weekly supervision of this clinical work. Once accepted into the Training, it is expected that candidates will begin weekly supervision with an approved supervisor.

Two supervised Training Cases are required as part of the Program. These must be patients seen in therapy at least twice weekly; one for a minimum of one year, the other for a minimum of two years. This therapy must be concurrent with regular supervision. Training cases must be approved by both the clinical supervisor and the Training Committee. Approval follows a formal written presentation of the proposed case, outlining why the candidate believes the case to be suitable. Training cases can start after six months of training and following one satisfactory supervision report.

Candidates are required to have supervision with two supervisors, i.e. a different supervisor for each of the Training Cases. Supervisors must have a minimum of 5 years membership of the VAPP or the IPA or state member association of the Psychoanalytic Psychotherapy Association of Australasia and be approved by the Training Committee.

3. *Seminar Program:*

The VAPP offers a core four year program of seminars. Two seminars are held each week during term times; there are 76 seminars in total. Seminars are mostly of one and a half or two hours duration. Candidates who have not completed all training requirements within four years are required to attend further seminars into a fifth or subsequent year. These sessions may be individual or group. Theory seminars are offered from the beginning of the program and clinical seminars begin in the second year.

4. Infant Observation:

Candidates observe an infant for one hour a week, write notes as soon as possible and present their observations for discussion in a weekly seminar. Infant observation seminars commence in the first year and continue over five terms. A seminar leader helps candidates at all stages of this process. On completion, candidates write a paper which reflects on the understandings they have gained from observation and seminars.

It is strongly recommended that applicants who are planning to have their own infant in the first year of the training discuss this with the Training Committee at the time of application.

5. Case Paper

The paper is intended to provide, in written form, a conceptualisation of the therapy process and to convey an understanding of the the candidate's work with one of their cases.

The case paper can be submitted no earlier than the final term of the four year core curriculum or subsequently, within 12 months of the completion of all seminars and required supervision of training cases. Candidates are requested to keep within the word limit provided for the case paper (i.e.eight thousand to ten thousand words). Two copies of the paper should be submitted for evaluation and these will be returned to the Candidate.

ASSESSMENT

The Training Committee has responsibility for the assessment of each candidate's progress throughout the course. In addition to this, the Committee assesses the candidate's overall performance, and may at any time, extend or change the requirements for an individual or group. Further assessment or training tasks may be prescribed for the purpose of addressing emerging areas of difficulty.

The Training Committee may also take a decision to terminate a candidate's involvement in the training, either temporarily or permanently, should the Committee deem this necessary.

COMPLETION OF THE PROGRAM

The Training Committee is responsible for deciding when a candidate has satisfactorily completed each of sections 2, 3, 4 and 5 of the Training Course, and any further work that may have been prescribed for the individual candidate or group. When the Committee declares the required work to have been completed, the candidate is then eligible for graduation from the Training Program. Graduates from the Program may then apply for membership of the V.A.P.P. which is a separate process.

TRAINING GROUP FEEDBACK

Candidate Representatives of the various intakes are invited to meet together with the Training Committee at regular intervals. The purpose is for the representatives to have the opportunity to give direct feedback to the Committee, on behalf of their training group.

PROFESSIONAL PRE-REQUISITES FOR TRAINING

Applications will be accepted from:

- Medical practitioners with at least two years of approved clinical experience after graduation.
- Psychologists eligible for membership of the APS or the AAPI with national registration who have had at least two years approved clinical experience after graduation
- Social workers who are eligible for membership of the AASW and have at least two years of approved clinical experience after qualification.
- Counsellors who are registered with PACFA and have at least two years of clinical experience
- Professionals in these or other fields, who have achieved the necessary standards, as judged by the Training Committee.

COST

The annual fee for the seminar program commencing in 2024 is \$6000.00 (plus GST) payable in advance each term, by instalments of \$1500.

If, for any reason, the Training should need to be extended or deferred, the extra costs entailed will be borne by the Candidate. Payment for personal psychotherapy and supervision will be arranged privately between candidates and their psychotherapists and supervisors.

DEFERMENT

Unless specific arrangements are made for training to be interrupted, each Candidate must demonstrate an involvement in ongoing clinical work, with regular supervision and six-monthly reports supplied to the Course Co-coordinator. Personal psychotherapy must be ongoing. Unless these minimal requirements are met, the candidate will need to re-apply to the Training Committee if and when there is an intention to continue the Training

METHOD OF APPLICATION

To apply for the course, the following information is required:

- 🔗 Personal details of applicant.
- 🔗 Academic record.
- 🔗 Professional history.
- 🔗 Experience of personal psychotherapy or psychoanalysis.
- 🔗 Clinical experience.
- 🔗 Supervision received.

- 🔗 Working with Children check
- 🔗 Other relevant information.
- 🔗 Name of two referees who have knowledge of the applicant's clinical experience, and who can be contacted for a confidential report.

Applications should be **emailed to: vapptraining@vapp.asn.au** The next group of candidates is expected to **start in February 2026**. Selection of applicants for this group will be based on consideration of the above information and on personal suitability as assessed in selection interviews conducted by the Training Committee.

For further information contact:

Julie Corner
VAPP Training Administration Manager
Phone 03 9428 2303

Applications for the Training Program are welcome for consideration at any time and will be processed **when the application fee is received**.

The application fee is \$250. Payment can be made via direct banking transfer, clearly noting it as a VAPP Training Fee, and including your name for identification purposes.

BSB: **013-355**.

Account Number: **460674751**

Account Name: **Victorian Association of Psychoanalytic Psychotherapists Inc.**

The closing date for applications for the 2026 Program is July 30th, 2025

Late applications may be considered.

The Training Committee is:

Chair: Ms Marilyn Gross
Members: Ms Michelle Hurst
Ms Fiona Lacy
Mr. Peter Joiner
Ms. Jacqui Adler

